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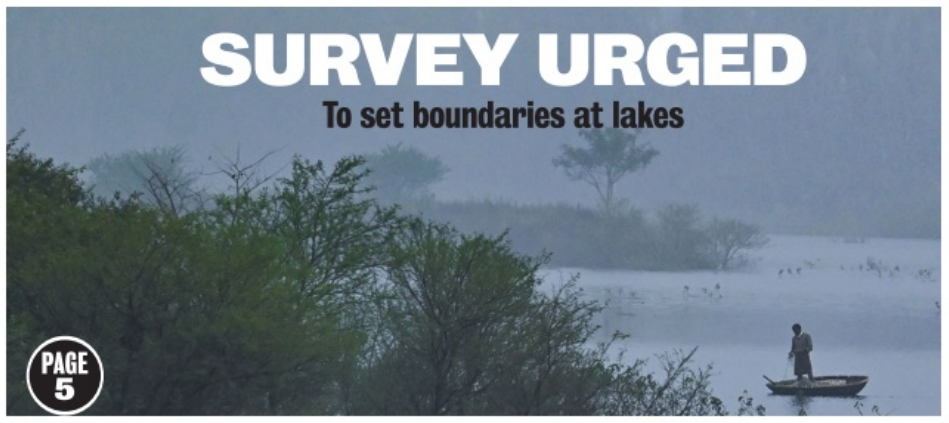
Bangalore Mirror

TEMP Max 23 | Min 19 | Humidity 74% Mostly Cloudy Sensex 67,481 | Nifty 20,267 | Gold 63,137 | Silver 76,237 | Dollar 83.22 | Euro 90.65 | GBP 105.80



BBMP has to collect around Rs 300 crore from 19 advertising agencies that put up hundreds of hoardings in city since 2018

AD BREAK

Hoarding seized in Hebbal for non-payment of fee

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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike's revenue department has a mammoth task of collecting around Rs 300 crore from 19 advertising agencies that put up hundreds of hoardings at different vantage locations in the city to promote products or projects of their clients since 2018.

The BBMP seized the hoarding structures of an advertising agency near Hebbal Flyover for non-payment of advertisement fee. The assistant commissioner (advertisement), BBMP, issued a notice to Avinashi Ads on September 29 directing them to pay the advertisement fee arrears worth Rs 16,27,06,531 within seven days of receiving the demand notice. The BBMP authorities are compelled to seize the structures of the hoardings for non-payment of advertisement fee arrears within the stipulated time. The BBMP has put up a banner on the hoarding structure stating: "Seized by BBMP for Non Payment of Advertisement Fee. By BBMP Order."

"We will take similar measures against 19 advertising agencies that have failed to clear around Rs 300 crore of advertisement fee arrears," said BBMP special commissioner (revenue) Munish Moudgil, adding that no defaulting advertising agency will be spared from recovering the arrears.

Meanwhile, social activists demanded the authorities act tough against the defaulters who have been earning revenue without paying the advertisement fee for utilising the BBMP land to put up hoardings.

"I wrote a letter to the BBMP demanding recovery of advertisement fee worth crores of rupees from Avinashi Ads that used the BBMP land for setting

CONTINUED ON PAGE 8 »

"I demand authorities lodge criminal complaints against BMBP revenue employees, advertising agencies that failed to clear arrears

— Veeresh BH, RTI activist

Few takers for access benefit sharing

Only four companies from Bengaluru sign bioresource access agreement with Karnataka Biodiversity Board

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TWEETS @BangaloreMIRROR

Implementation of the Access Benefit Sharing (ABS) rule of the Biological Biodiversity (BD) Act, 2002 has been painfully slow in Bengaluru as well as across the state.

According to data gathered by the Karnataka Biodiversity Board (KBB), only four companies from Bengaluru have come forward to sign the bio-resource access agreement with KBB so far in this financial year (2023-24).

Overall, just 11 companies across Karnataka (including four from Bengaluru) have complied with the rule and signed agreements for utilising the natural resources.

Moreover, many existing companies that have overlooked the rules in the past continue to do so.

As per a gazette notification issued by the government of Karnataka on November 6, KBB had requested (the government) to extend the time of ABS compliance to provide opportunities for old companies falling under its ambit. From the date of

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Chai connections

Indulge in heartwarming conversations over a cup of chai at this cozy meet-up! 'Chai Date' is an intimate space where you can meet new friends, share stories, and enjoy the warmth of genuine connections. Create lasting memories over chai and laughter. **When: December 4 to December 22**
Where: Small World: ST Bed, Koramangala

02 Pottery mastery

Discover the art of pottery! Explore hand-building and wheel throwing techniques under expert guidance. From pinch pots to wheel-thrown vessels, you can unleash your creativity, shaping functional or sculptural pieces. Suitable for beginners and intermediate-level potters. Don't miss the chance to mould your creativity.
When: December 4 to December 18
Where: Wheel and Potter Pottery Studio, Srinivasa Nagar

03 Capoeira beats

Dive into the captivating realm of Capoeira with our high-energy classes! Led by the inspiring Capoeirista Tushar Das, these sessions blend music, movement, and culture to create a unique experience. Discover your inner warrior as you learn mesmerising kicks, spins, and transitions, all set to the rhythm of pulsing drums.
When: Every Monday, December 4 to December 25
Where: Shoonya, Centre for Art and Somatic Practices

World Disability Day

Differently-abled students and persons performing at a programme for World Disability Day, committed to promoting empowerment through scholarships, incentives, financial assistance, and specialised training, ensuring placements for all.

Winds of change bring sweater weather to city

Bengaluru braces for chilly days amidst Cyclone Michaung developments

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Feeling the 'Brr cold' in the city? Well, brace yourself for 'cold days' for a few days as strong surface winds are poised to bring more chill to the city. A Prasad, a scientist at the India Meteorological Department, said, "Bengaluru can expect cloudy weather for the next few days with the possibility of rainfall. The temperature will fluctuate between 27 degrees Celsius and 19 degrees Celsius, but anticipate winds blowing at a speed of 30 to 40 kmph, potentially ushering in a cold wave for one or two days."

As per the Varuna Mitra portal, the temperature took a significant dip. On Sunday, Mahadevapura recorded temperatures ranging from 19 degrees Celsius to 23.9 degrees Celsius, Yelahanka experienced a range of 19.6 to 24.4 degrees Celsius, and Dasarahalli saw temperatures between 20 to 24.5 degrees Celsius.

At the moment, Cyclone Michaung is developing over the Bay of Bengal and is expected to hit the land between Nellore and Machilipatnam on Tuesday morning. Fortunately, there won't be heavy rainfall in Karnataka due to the cyclone effect.

Over the next week, south interior areas may experience rainfall between December 7-9. Meanwhile, in north interior areas like Bidar, Kalaburagi, and Yadgir districts, Monday and Tuesday could see some rainfall. Additionally, in coastal areas, rain is anticipated at Dakshina Kannada and Udupi on December 9.

Mahadevapura ranged from 19°C to 23.9°C, Yelahanka from 19.6°C to 24.4°C, and Dasarahalli from 20°C to 24.5°C on Sunday

The winds during the landfall could reach speeds of up to 100 kmph. A meteorological official said, "The weather disturbance over the Southwest Bay of Bengal has been moving towards the west-northwest direction. As of December 2, 2023, it is centred near Latitude 10.6°N and Longitude 83.6°E, about 440 km east-southeast of Puducherry, 450 km east-southeast of Chennai, 580 km south-southeast of Nellore, 670 km south-southeast of Bapatla, and 670 km south-southeast of Machilipatnam. In the next 24 hours, it is expected to strengthen into a cyclonic storm in the Southwest Bay of Bengal and then move northwestwards, reaching the west-central Bay of Bengal off the south Andhra Pradesh and adjoining north Tamil Nadu coasts by December 4 forenoon. Subsequently, it will move almost northwards, nearly parallel and close to the south Andhra Pradesh coasts, and make landfall between Nellore and Machilipatnam on December 5 forenoon as a cyclonic storm with a maximum sustained wind speed of 80-90 kmph, gusting to 100 kmph."

Meanwhile, Prasad said, rainfall was observed at isolated places in South Interior Karnataka, while Coastal Karnataka and North Interior Karnataka experienced dry weather. Vijayapura noted the lowest minimum temperature of 16.0°C in the plains of the State. In the next 24 hours, rain is likely to occur at isolated places over Coastal Karnataka and South Interior Karnataka, while dry weather is expected to prevail over North Interior Karnataka. Looking ahead to the next 48 hours, rain is likely to occur at isolated places over Interior Karnataka, with dry weather expected to prevail over Coastal Karnataka. There is a temperature warning for the next 48 hours, as minimum temperatures are anticipated to be above normal by 2 to 3 degree Celsius at a few places over Interior Karnataka. The outlook for the subsequent 24 hours suggests no significant change over the State.

> **"The temperature will fluctuate between 27 degrees Celsius and 19 degrees Celsius**
> - A Prasad, Scientist, India Meteorological Department

WHEN PROTEST TURNS KHAKI

After police officials turn protesters in Chikkamaguluru, question emerges if the right to protest is indeed for everyone?

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Police personnel break up a protest (file photo); **inset:** A scene from the police personnel's protest in Chikkamagaluru

Even as the Chikkamagaluru police took the country by surprise when they took to the streets to stage a protest, a question that comes to all citizens' minds is, can the law enforcers who leave no stone unturned to curb protests, leave everything to themselves stage demonstrations? Policemen along with their family members staged a protest in Chikkamagaluru against lawyers and the department regarding suspension of cops after an alleged assault of a lawyer. The protest started on Saturday night and continued overnight only to be called off Sunday early morning.

> **"It is unfortunate that the police didn't protest after the PSI exam scam happened, so there should be unionisation. Along with that they should ensure that law and order is maintained**

Citizens wondered about who would maintain law and order in such a scenario.

A person who witnessed the protest said, "If the police leave their work and start protesting, then who do we rely on during a crisis? If the police station doesn't have enough staff, the law of the region is under attack.

When they wore that uniform, they did know that they had to keep their personal interests aside, and serve the people. The roads are supposed to be guarded by the police, but here we have policemen sitting there and blocking it, then what is the difference between a common person and a policeman."

In a news report, a top cop said, "We are policemen and we can't act like the public. We have certain responsibilities which we have to execute."

BM talked to people in the city to understand if someone's profession does limit their right to protest.

Advocate Vinay Sarathi of Alternate Law Forum told BM that while he doesn't agree with the issues the cops were protesting about, "as the lawyer was assaulted by the cops", he defends people's right to protest and form unions regardless of their profession.

"The Constitution does not restrict the right to express and protest to anybody. But even government servants have certain rules to follow, but they can protest, so why not the police? In this specific case, I don't agree with the issue as they are said to have assaulted the lawyer, but I stand with everybody's right to protest in a democracy," said Sarathi.

He added that even policemen should have an union as there have been instances of feudal behaviour and harassment of junior policemen.

"It is unfortunate that the police didn't protest when the PSI exam scam happened, so there should be unionisation. Also, along with that they should ensure that law and order is maintained. Not all policemen of the police station have to be there at the site of the protest, some can just be in the police station, wear black and show solidarity to the issue," he added.

Another activist Brinda Adige said that while it is wrong that the police have manhandled a person, everyone has the right to defend themselves.

"Since colonial rule, the police have not been allowed to protest, the argument being that if the police protest, where will people go with their concerns? But in today's India, when it's a democracy, every person has the right to raise their voice. The police manual says that the police can't protest, which should be legally challenged, because the times have changed," she said.

She added that the police should also use technology to increase efficiency. "They should ensure that the people can file their complaint online, and the day after the protest, they can file an FIR.

Also, many posts in the state for policemen are already vacant and the police are often on bandobast duty, so if one doesn't question how many people were present at the station on that particular day, why question the protest?" she added.

MIRRORLIGHTS

Dog show organised by Silicon City Kennel Club Bengaluru and Bangalore Canine Club in progress at Veterinary College Campus, Hebbal, on Sunday

Woman dead; dowry harassment alleged

A newlywed woman was found dead in suspicious circumstances at Singayyanapalya. The deceased has been identified as Anusha, 23, a new bride. Anusha is said to have fallen in love with Praveen, a man from Malavalli in Mandya, and got married to him just two months ago.

There are claims that Anusha was being harassed by her in-laws for dowry. Anusha's parents have alleged that Praveen's family harassed and even assaulted Anusha for dowry. Based on the complaint filed by the parents, the Mahadevapura police have registered a case.

Job scam: 4 arrested

Yelahanka CEN police station have arrested four persons who are accused of committing fraud targeting those looking for part-time jobs online. The accused have been identified as Syed Yunus, Syed Arbaz, Mohammad Khalimullah, Ibrahim Kurnool.

According to the police, 305 cases of fraud have come to light during the investigation. At present, four mobile phones, two pass books, six debit cards, SIM cards, biometric devices and company seals have been seized from the arrested accused.

Dangerous games: Sharp edges of Coles Park

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Fed up with the neglect at Coles Park for the past two years, residents of the area are now requesting that the rusted and broken park equipment be removed as soon as possible. Residents have been asking officials to replace the park equipment at the children's park for years now.

As these attempts have failed, residents are urging the BBMP to simply remove the equipment. The park equipment used by children is rusted, worn out and broken and poses serious hazards to children. Some of the park equipment now has sharp edges that can seriously injure a child.

"The park is in a pathetic condition and play equipment needs to be replaced. Since the equipment is not getting replaced, we want officials to remove it instead. It's highly dangerous for the kids playing in the park as one of the slides is cut open. The pit leading from the elephant slide is not covered properly. Walking tracks are in a pathetic condition and toilets are kept in a horrible condition. Whenever we ask officials, they say that funds have not been allocated," said Habiba Subhan, a civic activist.

Child rights activists say that the right to play is a fundamental right. "Coles Park once used to be a park frequented by disabled people. Now, it's in a sorry state of neglect. As per section 31, children must have entertainment. In urban areas, there are hardly any open playgrounds and whichever is available is given to exhibitions. Not maintaining the park is a violation of children's rights. Officials should visit the park regularly and see to its upkeep. Additionally, the park should be disabled-friendly, have first aid boxes, and have CCTVS and security guards for their security," said the Director of Child Rights Trust, Nagasimha G Rao.

> **"Since the equipment is not getting replaced, we want officials to remove it instead. It's dangerous for the kids**

However, the BBMP Projects Department said that they have prepared a constituency-wise tender for the upkeep of parks. "We don't know if this year, we will get the budget for the upkeep of parks. But we have prepared a constituency-wise tender for the upkeep of parks and it's yet to be approved. Once the work order is issued, based on the urgency of residents' demands, we can take up work," said a senior BBMP official.

Citizens start on clean slate in age of garbage

Jayanagar residents turn 'Super Warriors', start grassroots effort to clean up their hood, spread awareness about importance of segregation at source

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Residents join hands with civic bodies and organisations to combat waste issues, marching with banners, mapping garbage spots to ignite change in a community-led initiative against street waste

In the heart of Jayanagar, nestled in the picturesque 2nd block neighbourhood renowned for its giant trees and charming ambiance, a grassroots citizen led initiative is gaining momentum to address the detrimental impacts of waste and air pollution. Despite Jayanagar's wide roads, well-designed footpaths, local grocery stores, eateries, and parks, the community is not exempt from the escalating problem of improper waste disposal.

Swetha, a resident who recently moved to the area said, "I moved to this area eight months ago, and all the litter & black spots are frustrating. My kids refuse to play outside because we can see wet waste, kid diapers, and menstrual pads on the streets, which is harmful to their health."

The accumulation of waste in the neighbourhood poses immediate health risks and contributes to air pollution as the waste eventually reaches processing units, attracting rodents, houseflies, and mosquitoes.

A volunteer said, "I noticed people weren't segregating waste at source, leading to black spots in the area. I decided to go around the neighbourhood, asking if they had garbage collection problems. What I noticed is that most houses don't give out the trash either because they have left for work or because the BBMP vehicle arrives very early in the morning, when citizens are busy with home chores. Garbage collection is also not 100 per cent because of the less number of garbage autos and pourakarmikas." To tackle these challenges, the initiative is mobilising citizens to participate in mapping and actively identifying nearby garbage spots. The aim is to raise awareness among citizens about source segregation using simple jingles and voices.

This grassroots effort encourages residents to become "Super Warriors" by joining the mission to clean up Jayanagar and spread awareness about the importance of source segregation. The initiative was joined by over 30 residents of Jayanagar. With banners and placards, the citizens went from Samaja Seva Sangha, Jayanagar, towards Bangalore Cafe, onto multiple crosses (10th-12th Cross), and back to Samaja Seva Sangha. During this hour-long activity, citizens from different crosses signed up as community members, and the volunteers mapped the garbage spots on the tool to take it forward in the area. The Bruhat Bengaluru Mahanagara Palike (BBMP) is also a part of this WhatsApp group to attain the 100 percent mark of segregation and reduce pollution levels. The initiative adopted a phased approach, starting with removing garbage spots through citizen involvement and emphasising source segregation. Once significant segregation levels are achieved, the group plans to collaborate with BBMP to address broader waste management issues.

> **"Garbage collection is also not 100 per cent because of the low number of garbage autos and pourakarmikas**
> – A volunteer

To tackle the issue, the Jayanagar Resident Welfare Association, BBMP, Jhatkaa.org, and the Indian Ploggers Army have come together for a volunteer-led initiative to address the root causes of the waste crisis.

Residents rally for safe roads

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Hoodi residents stage protest, seeking immediate action for tarred roads and infrastructure improvement

After a year of apathy by civic officials, residents rise to the streets after seeing no respite in accidents. Be it by the BBMP or BWSSB, residents want the road tarred and turned motor-able. Over 100 residents conducted a protest walk from Hoodi Railway Station to Ayappanagar asking for better roads and infrastructure. According to the residents, officials have just dumped crushed stones inside potholes and it's leading to two-wheelers skidding. Officials need to provide perfectly, tarred roads, the residents say.

"Some two weeks ago, officials dumped crushed stones inside potholes, This is leading to road accidents, we want tarred roads and not patchwork and basic infrastructure. We don't have a government hospital in the area. The service road after the Hoodi underpass needs to be widened. Currently, only one heavy vehicle can pass at a time. There are also encroachments by shops and houses on the road" said Dinesh, a resident. President of Kodigehalli Rising, Pinaki Sen Gupta said that the situation has been like this for a year now. "The whole road is filled with potholes. When BWSSB work was undertaken, they were supposed to restore it. Officials say that they don't have the funds for the work. We want to remind you that we are taxpayers and our life is valuable. We are seeing 4-5 accidents daily. We decided to hold a silent protest from Hoodi Railways Station to Ayyapannagar," he added.

Residents have also demanded a flyover instead of the underpass, "We want a solution to the traffic congestion. Anyone having a medical emergency will struggle to reach the hospital. The service road after the underpass needs to be widened. We are demanding a flyover instead" Gupta said. Protestors also asked for more frequent buses from Sadarmangala-Kodigehalli-Ayyappa Nagar to Hoodi Metro, KR Puram Metro. "Hoodi Station underpass and flyover both are experiencing major traffic jams. We need additional roads that connect either side of the railway station," he said.

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Footpath congestion
Old Madras Road

Too many two-wheelers are occupying the footpath near Sri Rama Hospital, leaving pedestrians with no space to walk. BBMP and RTO have failed to address the issue.

Road mess
Rajajinagar

Debris is scattered on 42nd Cross Road, 12th Main Road, 3rd Block, creating an obstruction and posing potential hazards.

Forgotten scooter
Jayanagar

An abandoned scooter has been left unused in Jayanagar 3rd Block for the past five years, prompting concerns about public space usage and potential safety issues.

Metro QR-code ticketing to log on to open network

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The Bengaluru Metro Rail Corporation (BMRCL) has made QR-code-based ticketing and smart cards part of the open network. BMRCL has tied up with Open Network for Digital Commerce (ONDC) and the Bharat Bill Payment System (BBPS) platform in this regard.

This will allow metro users to book tickets through a number of apps instead of the limited apps so far available. BMRCL is planning to integrate QR Code Mobile Ticketing and Recharge of Smart Cards with BBPS and ONDC by April 2024.

BMRCL is making the shift to an open network to increase the usage of the QR-code-based ticketing system. "Currently, there are many end-user apps that have been authorised for the sale of BMRCL tickets. By becoming part of the open network, anybody would be able to issue the tickets. We are hoping the method would lead to an increase in the usage of online ticketing systems. Currently, our QR ticketing system is being utilised up to 30 per cent and we hope to reach 95 per cent by becoming part of the network." said a senior BMRCL official.

BMRCL wants to raise usage of the QR-code ticketing system

He clarified that the shift will not affect the National Common Mobility Card (NCMC)-compatible Automatic Fare Collection System (AFCs) as this is only a front-end change.

The Open Network connects all platforms through technology making all buyers and sellers transact with each other regardless of which app they are on. The ONDC Network has 2,20,000 sellers/services over 23 product categories and BBPS has over 21,000 billers.

BMRCL has floated a tender in this regard and the bidder will have to design/develop/integrate BMRCL's AFC system to issue QR-code-based tickets for BMRCL and recharged closed-loop CSCs through BBPS and ONDC network.

ONDC and National Payments Corporation of India (NPCI) owned BBPS will allow for seamless service booking for metro and last-mile connectivity on the same platform.

"ONDC has been onboarding services related to mobility. NammaYatri in Bengaluru is an example. Our aim is that every product or service capable of being catalogued should be available in our network. In this line, as part of the mobility domain, we have approached all metro services across the country," said MD and CEO of ONDC, T Koshy.

Define boundaries to save lakes, BBMP urged

'Conduct encroachment survey before taking up development work at Hebbal, Nagawara Lakes'

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After Hebbal and Nagawara Lakes have been handed over to the Bruhat Bengaluru Mahanagara Palike (BBMP), city-based lake enthusiasts have raised the issue of encroachment of these two lakes.

While BBMP has plans to develop both waterbodies at the cost of Rs 40 crore, lake activists say the most important aspect that the Palike must look at is fixing boundaries of these two lakes by conducting an encroachment survey. They allege that since only a portion of the lakes have been handed over to BBMP due to encroachments, surveys, encroachment clearances, boundary fixations, and technical studies should be conducted on priority before delving into preparing the detailed project reports (DPRs).

They cite the Karnataka High Court's recent direction to the BBMP, apart from the State Urban Development and Revenue Departments, Bangalore Water Supply and Sewerage Board (BWSSB) and Karnataka State Pollution Control Board (KSPCB) to jointly come out with an action plan to remove all encroachments on storm water drains and lakes in Bengaluru city.

"Since these two lakes have now been handed over, the Palike must include them in their list and carry out an encroachment survey. A sum of Rs 40 crore has been declared as the amount to be used for the development of these two lakes. There is no point jumping into preparing DPRs unless the boundaries of the water bodies are demarcated," said R Rajagopalan, trustee, Namma Kere Trust.

According to BBMP officials from the Lake Department, the fund will be used for core development work such as desilting, development of bunds, and construction of waste weirs and sluice gates. Officials also informed BM that currently a concept plan has been prepared and the Revenue Department has been apprised about carrying out an encroachment survey of Hebbal and Nagawara lakes. However, a senior official also said that encroachment survey and eviction in case of any encroachment will be conducted parallelly.

The Revenue Department has been apprised about encroachment survey of Hebbal, Nagawara lakes

> **"The base map used by the Revenue Department to conduct the survey is important. BBMP should make this information publicly available**
>
> –V Ramprasad, Friends of Lakes

"The survey of both lakes will be completed by the Assistant Director of Land Records over the next two weeks as other lakes in the Yelahanka area are currently being surveyed. The Revenue Department has a set of procedures and lake boundary demarcation will be done using village maps. If there is any encroachment, it will be removed. However, DPR preparation and lake development work are independent of the encroachment eviction process. Having said that, commencement of development work will take three to four months. The Central Government is yet to sanction the fund," said the official.

According to V Ramprasad, founder of Friends of Lakes, the Palike must ensure that the base map being used for boundary establishment is not the base map of 2016. Moreover, in case of any encroachments, the details must be made available in the public domain.

"The base map used by the Revenue Department to conduct the survey is important. BBMP should make this information publicly available. Moreover, if encroachments are detected, details regarding those should also be made available in the public domain. Having said that, the base map of 2016 should not be used for demarcation as it would not paint the right picture," said Ramprasad.

Shuttle to lit fest is big hit

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Over 4,200 attendees of the Bangalore Literature Festival (BLF) have used the shuttle services provided by Bangalore Metropolitan Transport Corporation (BMTC) from Vidhana Soudha metro station to reach the venue Lalit Ashok. Witnessing the overwhelming response, experts say that if organisers opt to provide shuttle services from nearby metro stations for an event, the move would encourage residents to use public transport.

BLF had announced that it would be providing free electric bus shuttle service, under contract from BMTC, from Vidhana Soudha metro station (Exit A). Personal2Public volunteers, a campaign with the aim to inspire commuters to use public transport at least twice a week, were present at the literature festival as well as the metro station to assist the visitors on December 2.

"Today at BLF, Personal2Public was a big hit! We estimate a total of 4,200 people came to the venue using public transport (metro and bus) by utilising the feeder shuttle service (free for users, under contract from BMTC) from Vidhana Soudha to Lalit Ashok. Each of the four feeder buses did 40 trips between metro station (160 trips) and the venue, without any hitch, most of the trips back to metro had standing room only till 8 pm. The first trip started at 8:05 am," said Srinivas Alavilli, from Personal2Public campaign. "People were happy to have used public transport as it helped them avoid the hassle of driving and traffic congestion as well as parking which was full within the first couple of hours. Even if we count one car per four people, that's a terrific 1,000 cars off the streets heading towards BLF which saw massive crowds on day one. We are expecting more people to ditch their cars and come to LitFest on the second day, Sunday, as more people become aware of this wonderful service," he added.

The Bangalore International Centre (BIC) in Indiranagar can also do the same by taking buses on contract from the BMTC, said a college student. "They often have all day events and it would be of much help to commuters if the organisers took note of it. The current mode of last mile connectivity are autos and the drivers charge arbitrarly," said the student.

Kannada movies grapple with censor snafu

Film releases affected by CBFC officer's absence, bribery claims delay certifications

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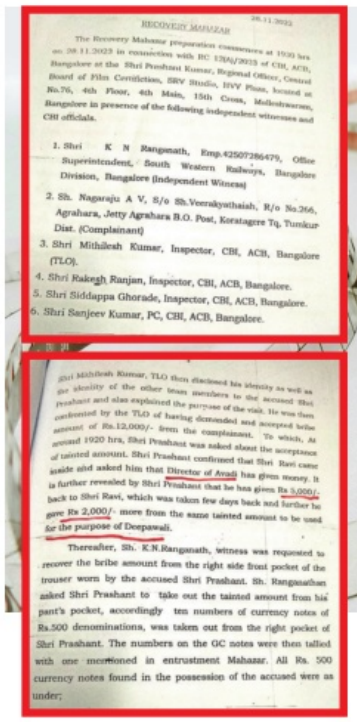
The absence of a Regional Officer of Central Board of Film Certification is affecting the prospects of around 100 Kannada movies that are scheduled for release in the coming months. With the Central Bureau of Investigation (CBI) arresting the CBFC Regional Officer K Prashanth Kumar on November 28, the activities of clearing Kannada movies for issuing the certificates has come to a grinding halt thus causing inconvenience to various producers of Kannada movies who want to screen their movies.

Though it is not clear what made Regional Officer K Prashanth Kumar to demand a mere amount of Rs 12,000 as a bribe to clear a Kannada movie for screening, many people associated with Sandalwood have a good opinion on him. "I never come across any director or producer complaining against the Regional Officer who is known for simplicity and humility. There are occasions where I handed over Rs 12,000 to the security guard towards the fee for screening movies at SRV Preview Theatre. The security guard will hand over the money to the manager of SRV Preview Theatre who is on the fourth floor of the building," said Krishne Gowda, president, Kannada Film Chamber of Commerce.

Many people familiar with Regional Censor Board Office complain against the middlemen who are exploiting gullible producers and directors in the name of Regional Officer. "There are some parasites who collect money from Kannada movie producers and directors by promising certificates to the movies, the need of the hour is to focus on such people instead of nabbing an innocent security guard and other person for their alleged involvement in the bribery incident," said a producer on the condition of anonymity.



RECOVERY MAHAZAR

28.11.2023

The Recovery Mahazar preparation commences at 1930 hrs on 28.11.2023 in connection with RC 17A/2023 of CBI, ACB, Bangalore at the Shri Prashant Kumar, Regional Officer, Central Board of Film Certifiction, SRV Studio, HVV Plaza, located at No.76, 4th Floor, 4th Main, 15th Cross, Malleshwaram, Bangalore in presence of the following independent witnesses and CBI officials.

1. Shri K N Rangnath, Emp.42507286479, Office Superintendent, South Western Railways, Bangalore Division, Bangalore (Independent Witness)
2. Sh. Nagaraju A V, S/o Sh.Veerakyothaish, R/o No.266, Agrahara, Jetty Agrahara B.O. Post, Koratagere Tq, Tumkur Dist. (Complainant)
3. Shri Mithilesh Kumar, Inspector, CBI, ACB, Bangalore (TLO).
4. Shri Rakesh Ranjan, Inspector, CBI, ACB, Bangalore.
5. Shri Siddappa Ghorade, Inspector, CBI, ACB, Bangalore.
6. Shri Sanjeev Kumar, PC, CBI, ACB, Bangalore.

Shri Mithilesh Kumar, TLO then disclosed his identity as well as the identity of the other team members to the accused Shri Prashant and also explained the purpose of the visit. He was then confronted by the TLO of having demanded and accepted bribe amount of Rs.12,000/- from the complainant. To which, At around 1920 hrs, Shri Prashant was asked about the acceptance of tainted amount. Shri Prashant confirmed that Shri Ravi came aside and asked him that Director of Avadi has given money. It is further revealed by Shri Prashant that he has given Rs 5,000/- back to Shri Ravi, which was taken few days back and further he gave Rs 2,000/- more from the same tainted amount to be used for the purpose of Deepawali.

Thereafter, Sh. K.N.Rangnath, witness was requested to recover the bribe amount from the right side front pocket of the trouser worn by the accused Shri Prashant. Sh. Rangnathan asked Shri Prashant to take out the tainted amount from his pant's pocket, accordingly ten numbers of currency notes of Rs.500 denominations, was taken out from the right pocket of Shri Prashant. The numbers on the GC notes were then tallied with one mentioned in entrustment Mahazar. All Rs. 500 currency notes found in the possession of the accused were as under;

Concerns arise for Kannada films with the CBFC Officer absent and bribery claims in the spotlight

Expressing a similar opinion, Ba Ma Harish, immediate past president of Karnataka Film Chamber of Commerce has said that he received no complaint against the Regional Officer during his tenure as a president. "Prashanth Kumar is a nice and amiable person," said Ba Ma Harish.

N M Suresh, president of Karnataka Film Chamber of Commerce, has also said that he received no complaint against the Regional Officer. "I was Secretary of the Karnataka Film Chamber of Commerce before being elected as the president. I never received any complaint against the Regional Officer," said Suresh.

Kannada Film Producers' Association president Umesh Banakar said that the Regional Officer told him about his plans to clear the pending movies for screening without causing inconvenience to movie producers and directors. "It is hard to believe that the Regional Officer accepted a bribe of Rs 12,000 to clear a Kannada movie for screening," said Banakar.

> **There are some parasites who collect money from Kannada movie producers and directors by promising certificates to the movies**
>
> –Anonymous producer

However, Kannada Movie Directors' Association president NRK Vishwanath has said that he received some complaints against the Regional Officer. "Some directors have complained against the Regional Officer for demanding money to clear their movies for screening," said Vishwanath.

Goof-up

The mahazar report mentions the name of the Kannada movie "Avadi" as opposed to the correct title "Adavi." According to the mahazar report, Regional Officer Prashanth Kumar returned Rs 5,000 to Ravi of SRV Preview Theatre, which had been taken a few days earlier. It is surprising to learn that a Regional Officer borrowed money from the manager of a private studio or preview theatre. Another interesting detail is the Regional Officer giving Rs 2,000 to Ravi for use during Deepawali. The CBI laid the trap on November 28, and it is noteworthy that the Deepawali festival was celebrated on November 12. Is Ravi celebrating Deepawali after 16 days?

JP Nagar RWA protests unchecked banners

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The JP Nagar Resident Welfare Association (RWA) has raised concerns about a surge in signages and flex banners featuring elected representatives in the area. Despite multiple letters to the Bruhat Bengaluru Mahanagara Palike (BBMP) since November, the issue remains unaddressed, according to the RWA members.

R. Rajagolpalan, President of JP Nagar RWA, emphasised the violation of clear directives from the Supreme Court and Karnataka High Court regarding the misuse of public property and funds for self-promotion by elected representatives. He stated, "Despite the ban on flex signs, the elected representative in Jayanagar constituency has persistently been erecting boards and flex signs during inaugurations, violating the established norms."

The RWA members have communicated their concerns to the BBMP South team, but no action has been taken, they claim. Highlighting recent instances, they pointed out the inauguration of a newly renovated park in JP Nagar 2nd Phase adorned with a large flex sign. Similarly, a sports complex and stadium in the Byrasandra ward display a similar board. "This trend has been spreading across the constituency for the past month. Rules should be applied equally to everyone," insisted the RWA members.

Expressing frustration with the lack of response, the RWA members argue that such practices not only violate legal directives but also undermine the aesthetics of public spaces. They urge the BBMP to enforce regulations consistently and hold elected representatives accountable for their actions.

In the month of November the residents have written letters twice to the BBMP authorities however there was no action taken on ground.

NOTES FROM THE FIELD

What's in a chair?

For quite a while now, rumours have been swirling about a potential change in the Chief Minister's tenure and Deputy CM, DK Shivakumar taking over. Despite the ongoing speculation, there has been no official confirmation from either camp. A recent incident at a program added a playful twist to the rumours. DKS, inadvertently attempted to sit in the chair meant for the CM. However, upon a gentle reminder from those present, including the CM, that his chair was next to the CM's, DKS, with a smile, gracefully took his designated seat, while Siddaramaiah playfully occupied the CM's chair.

Unique lesson

Traffic violators in Davanagere got a unique lesson in road safety. A civic activist took a creative approach to educate people against riding in one-ways. Instead of traditional methods, he stopped one-way violators and offered them "uddina vada," traditionally offered in death ceremonies. The gesture aimed to convey that one-way violations can be quite dangerous, urging people to understand their mistake and follow traffic rules.

Not yet

Rumours have been circulating that former BJP minister and current Gangavathi MLA G Janardhana Reddy, who started his own political party, may rejoin the BJP. When journalists questioned Reddy about this, he clarified, "I admit that BY Vijayendra, who recently took over as BJP State Unit President, had called me seeking my support. However, I want to make it clear that I am not joining the BJP and have no intention to do so."

No tring tring

Anganwadi workers faced a unique issue as they were provided with mobile SIM cards for official duties, but these SIM cards often remained uncharged. Expressing her concern, one Anganwadi worker said, "Due to the lack of recharge, we are unable to access the internet necessary for data uploads. Now, we are compelled to purchase another SIM using our personal accounts and recharge it ourselves or rely on others' hotspots to carry out our work. This neglect has persisted for the past three months, impacting our ability to perform efficiently."

Infighting to fore

Infighting among Congress legislators in Shivamogga district has become noticeable. Sagar MLA Belur Gopalakrishna, upset for some time, raised objections when Soraba MLA Madhu Bangarappa was appointed as the Primary and Secondary Education Minister. Gopalakrishna, who arrived at a foundation laying ceremony last minute, questioned why he was excluded and continued to criticise Madhu, claiming that his role as an MLA was being disregarded. When journalists asked Madhu about the open conflict, he responded, "Why don't you have any other questions than this? If you have other questions, I will answer, but not this one."

–Sridhar Vivan

Telangana win gives K'taka Cong a boost

Even as BJP tries to draw inspiration from win in northern states

Sridhar Vivan
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Even though the Congress party lost three state polls, the party's victory in Telangana has brought cheers to the DK Shivakumar-led Karnataka Pradesh Congress Committee (KPCC). Even on Sunday, Shivakumar was at the forefront of the victory celebrations, sharing a slice of a cake with the Telangana Pradesh Congress Committee (TPCC) president Anumala Revanth Reddy, with Energy Minister KJ George beside him.

A political analyst said, "The Telangana polls were treated as a prestigious issue for the Karnataka Congress. After the Congress won the Karnataka polls on the bank of guarantee schemes, the same approach was extended to Telangana as well. For the last few weeks, half of the Siddaramaiah cabinet ministers and many Congress MLAs have been camping in Telangana to campaign for their party candidates. Even the campaign head Sunil Kanagol, who is said to have played a key role in bringing Congress to power in Karnataka, was hired to take up the campaign management in Telangana as wel."

According to the analyst, for the last two days, Shivakumar has been camping in Hyderabad to prevent any potential poaching of their candidates. "Karnataka elections were discussed extensively during the Telangana polls too. Now, with Congress winning Telangana, the Karnataka Congress will set its sights on the Lok Sabha polls, likely to be held in the first half of 2024, and it will be the responsibility of the Karnataka Congress to get the maximum Congress candidates to Parliament after last year's rout."

Shivakumar who was in Hyderabad on Sunday said that leaders from various states have worked in Telangana to help the Congress MLAs win elections. "The people of Telangana have given victory for the creation of the state." On Sunday, responding to queries about bringing the victorious Congress MLAs from Telangana to Karnataka, Chief Minister Siddaramaiah said, "Why call them here? No MLAs are going anywhere."

Supporters of Indian National Congress celebrate, in Hyderabad; below: BJP workers, leaders celebrate in Bengaluru on Sunday

> **"Now, with Congress winning Telangana, the Karnataka Congress will set its sights on the Lok Sabha polls, likely to be held in the first half of 2024** – Political analyst

Rather than focusing on the Telangana poll loss, the Karnataka BJP is drawing strength from the party's victories in northern India. Former Karnataka Chief Minister BS Yediyurappa expressed confidence on Sunday, stating that the BJP is poised to win all 28 seats in the Lok Sabha elections in 2024. Yediyurappa said, "These election results have set the stage for Congress to face defeat. Following these outcomes, we will make a dedicated effort to secure all 28 Lok Sabha seats in Karnataka and present them to Prime Minister Modi. I will embark on a campaign across Karnataka once the ongoing legislative assembly session in Belagavi concludes."

BJP 3-1 sweep in state polls, bags MP, Raj, Chhattisgarh

The BJP swept Madhya Pradesh, Rajasthan and Chhattisgarh on Sunday inflicting a resounding defeat on the Congress to tighten its stranglehold in the Hindi heartland, in a big boost for Prime Minister Narendra Modi and setting the tone for the 2024 Lok Sabha elections. In some consolation for the Congress in the face of the saffron wave after it lost Rajasthan and Chhattisgarh, the party ousted the Bharat Rashtra Samiti(BRS) in Telangana to make it 3-1 for the Bharatiya Janata Party(BJP) in the latest round of Assembly elections billed as a semi-final before next year's poll showdown. Counting of votes in Mizoram will be taken up on Monday.

As the BJP leadership savoured the triple victory just months after losing its lone southern citadel Karnataka, Prime Minister Modi said some people are already saying that the party's hat-trick in the states is a guarantee of hat-trick in the Lok Sabha polls. "The results show popular support for our battle against corruption," Modi told a crowd of cheering supporters at the BJP headquarters here, adding that they have served a lesson to the Congress and the opposition's INDIA bloc that merely collecting some dynasts on a dais may make for a good photograph but cannot win people's confidence. Voters have delivered a warning to these parties involved in corruption to mend their ways or people will finish them off, he said. "We bow to the Janta Janardan. The results in Chhattisgarh, Madhya Pradesh and Rajasthan indicate that the people of India are firmly with politics of good governance and development, which the @BJP4India stands," Modi earlier said in a post on X.

Ruling MP for 18 years, a well entrenched BJP managed to stave off anti-incumbency in a shot in the arm for four-time chief minister Shivraj Singh Chauhan and dashing the hopes of a resurgent Congress helmed by veteran and former CM Kamal Nath.

Winning 141 seats and leading in 24, the BJP got a simple majority and could get two-thirds majority in a House of 230. Congress bagged 45 and was leading in 19. Suspense also mounted as to who will be the BJP's chief minister in any of the three Hindi heartland states. After the Congress' loss in three key states, rumblings have surfaced in the opposition bloc INDIA ahead of their meeting on December 6, with many leaders claiming that the grand old party ignored others, but was unable to win elections on its own.

The loss for Congress, which made a pitch for caste census and adopted a soft Hindutva approach, also appeared to weaken its position in the INDIA bloc where party equations could change, as other parties may no longer consider it as the fulcrum of the opposition alliance. **– PTI**

BM Finance Fundas

Protection from frauds: Know when you can use masked Aadhaar

While checking in at a hotel or entering a pub, you are often asked to verify your identity or age. In those situations, Aadhaar can very well serve as a handy document since it contains our photo, address, email, mobile number, etc. It is not mandatory for the personnel verifying the identity to know exactly the full Aadhaar number. In such cases, a masked Aadhaar could be useful as it hides the first eight numbers of Aadhaar and shows all the other relevant information like Address, etc.

"The mask Aadhaar option allows you to mask your Aadhaar number in your downloaded e-Aadhaar. Masked Aadhaar number implies replacing of first 8 digits of Aadhaar number with some characters like "xxxx-xxxx" while only last 4 digits of the Aadhaar Number are visible," said the Unique Identification Authority of India (UIDAI) on their website.

Where to use masked Aadhaar?

To keep your Aadhaar details safe, you need to understand when you can use masked Aadhaar and when you need to provide your original Aadhaar details. As per UIDAI regulations only verified and licensed entities are allowed to collect and store Aadhaar details of a person for a specific purpose. So unlicensed entities like pubs, cinema halls, and hotels, cannot collect and store your Aadhaar. In these kinds of situations use Masked Aadhaar.

Hotels and pubs may ask you for any identity proof to verify age before serving certain items like alcohol. As your date of birth is visible on masked Aadhaar, you can use it to verify your age in such cases. However, you cannot use masked Aadhaar for KYC in a bank or to an insurer. For instance, you are opening a demat account and the authorised entity requires your Aadhaar number for verification. You cannot give a masked Aadhaar in this case as this situation requires a full Aadhaar number.

> **Masked Aadhaar implies replacing first 8 digits of the number with some characters**

How to download masked Aadhaar?

Downloading masked Aadhaar is very easy and can be done by following the below steps:

Step 1: Go to myaadhaar.uidai.gov.in.
Step 2: Type in your Aadhaar number or Enrolment ID or virtual ID and then complete the captcha challenge. Click the 'Send OTP' button.
Step 3: On the same page a new button called 'Do you want a masked Aadhaar?' will appear. Click on that and then type in the OTP in the relevant box. Click 'Verify and Download' after that.

A PDF format file of your masked Aadhaar can be downloaded. The password will be your name in block letters followed by your year of birth. The downloaded PDF file will also be digitally signed by UIDAI and will also have a quick response (QR) code which can be used for verification of the Aadhaar.

— By Neelanjit Das, ET Online

IT revolution for all

In a forward-looking initiative, the Karnataka government has taken concrete steps to extend the IT revolution, which has catapulted the state capital Bengaluru as the IT capital of the country, to the taluka and hobli levels across the state.

The Karnataka Digital Economy Mission (KDEM), an initiative of the Karnataka government, is working towards transforming one of the most backward districts, Chamarajanagar, into an IT hub.

RProcess has started operations and Fore Front Technologies is in the process of training talent and beginning operations soon. Both are US-based companies specialising in Artificial Intelligence (AI) and medical health services, respectively.

RProcess has hired 100 people with a target of 300, while Forefront Technologies has started with 50 and plans to increase to 100. Both are multinational corporations with offices in the US, says Sudheer K.S., Head of Mysuru Cluster and General Manager of KDEM.

"We are assisting them in acquiring the right resources through academic institutions, identifying suitable office spaces, and understanding the policy incentives available through the IT policy and Beyond Bengaluru policy," Sudheer says.

When KDEM pitched the idea to US companies, they expressed enthusiasm and a willingness to contribute.

"They are 100 per cent aligned with our thoughts," adds Sudheer. B.V. Naidu, the Chairman of KDEM, told IANS that two IT companies have already commenced operations in Chamarajanagar. If the experiment proves successful in Chamarajanagar, there are plans to replicate it throughout the state, focusing on clusters beyond Bengaluru such as Mysore, Mangaluru and Hubli.

"The buzz is positive. In the last 18 months, around 45 companies have established operations, and another 12 are in the pipeline. About 20 companies have expressed interest in expanding their operations," Naidu opined.

In Chamarajanagar, Fore Front Health Care is about to start it's office, and academic integration for talent is underway.

RProcess has already started in Santhemarahalli village in Chamarajanagar, occupying a two-floor building, Sudheer says.

Firms' response to access benefit sharing 'lukewarm'

CONTINUED FROM PAGE 1

publication of the official Gazette (November 9, 2023), a grace period of 60 days was granted. However, while half of the grace period is over, KBB officials say the response so far has been lukewarm.

Access Benefit Sharing refers to access and equitable sharing of the benefits arising from use of natural resources.

"An opportunity was given to all the citizens of India and Indian entities who fall under the ambit of Section 7 of the Biological Diversity Act, 2002 and desired to comply with the provisions to submit the Form-1 to Karnataka Biodiversity Board within 60 days along with the concerned ABS amount. This was only for companies that had failed to comply with rules. The notification is valid till January 6, 2024. Although we have received some response and are expecting more companies to come forward, the number could have been better," said a KBB official.

According to Akshay Heblikar, founder of Eco Watch and a member of Bengaluru's Biodiversity Management Committee, the ABS scheme has not been a success in Bengaluru and across the state due to halfhearted attempts to implement it.

"Looking at the number of entities that use natural resources, just 11 new companies signing the agreement with KBB is not good enough; it is a small number. This can be due to the delays in implementation of the rule in the past. There is also a big gap between KBB and companies utilising resources. The board has become active only in the last couple of years. The situation has been the same when it comes to such companies utilising resources in the city. However, going by recent developments, the situation in Bengaluru should improve soon. The current deputy conservator of forests, BBMP, has entrusted the responsibility to implement ABS rule in Bengaluru to the Biodiversity Management Committee. BMC will soon go after Bengaluru-based companies that are not complying with rules," said Heblikar.

Experts highlighted the lack of clarity due to the Biological Diversity (Amendment) Bill, 2023, which was recently passed in the parliament. They are of the view that some proposals made in the bill such as decriminalisation of violations under the BD Act, exemption from the provision of ABS, and permission needed from the state biodiversity board for commercial utilisation of bioresources have led to confusion among stakeholders.

"There is a lack of clarity on certain aspects of the bill that should be provided by the National Biodiversity Authority and Ministry of Environment Forest and Climate Change. For instance, there is a list of Normally Traded Commodities whereby some bioresources are exempted. However, the term 'Normally Traded Commodity' has been left for open interpretation leading to a lot of confusion on which resource is exempted and which is not," said the KBB official.

19 ad agencies owe ₹300 cr in fee arrears

CONTINUED FROM PAGE 1

up hoarding structures for more than five years. I demand the BBMP authorities to blacklist such defaulters and not allow them to participate in the tender process in future," said S Amaresh of Mahiti Hakku Adhyayana Kendra.

Veeresh BH, a RTI activist, demanded BBMP chief commissioner suspend the BBMP employees for allegedly conniving with the advertising agencies. "Why should the BBMP authorities wait to recover the advertisement fee arrears till an activist lodges a complaint with them?

Is it not their responsibility to collect the specified fee from the advertising agencies for utilising the BBMP land? I demand the authorities lodge criminal complaints against the BMBP revenue employees and advertising agencies that failed to clear the arrears," said Veeresh.

Demanding stern action against the BBMP employees and defaulting advertisement agencies, HM Venkatesh of Naija Horatagarara Vedike said that he is confident of Munish Moudgil recovering the advertisement fee arrears from defaulting advertising agencies.

"Munish Moudgil is known as an able administrator. If higher authorities give him a free hand, it will not be a tough task for him to recover the advertisement fee arrears. The BBMP will benefit if the special commissioner for revenue is allowed to work without any pressure or conditions," said Venkatesh.

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I Ann Julie Arackathottam D/O, Bino George R/o House No 23, Concorde Cuppertino, Electronic City Phase 1, Doddathoguru Village, Begur Hobli, Bengaluru - 560100 have changed my name to Ann Julie Areckathottam.

I, Ramprasath Ss R/o 7021, Sobha Arena, Judicial Layout, Thalaghattapura, Kanakapura Road, Bangalore - 560109 have changed my minor son's name from Harish Narayanan to Harish Narayanan R.

I Kazi Imran Riyaz Ahmed S/O, Riyaz Ahmed Hasan R/o 1224, 21st Cross, 3rd Block, 1st Stage, Kalyannagar, Hbr Layout, 560043. have changed my name to Kazi Imran.

I Maria Melanie Prabhu W/O, Dev Kumar Prabhu R/o No 29, Cross Road B, Austin Town, Bengaluru - 560047 have changed my name to Maria Melanie Joseph.

I Pavithran S/O, Kavaloan Raghava Kurup R/o A3-306, Provident Welworth City, Doddaballapur Main Road, Kadathanamale, Marasandra, Bengaluru Rural - 561203 have changed my name to Pavithran Kavaloan Raghava Kurup.

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HEALTH TIP: Over 6 hours of sedentary time daily may double fibroid risk in women

Sweet potatoes are high in vitamin B6, vitamin A, carotene, and potassium

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LIVING ON THE EDGE

How to take care of yourself if you feel burnt out

It's getting towards the time of the year when you might feel more overwhelmed than usual. There are work projects to finish and perhaps exams in the family. Not to mention the pressures of organising holidays or gifts. Burnout is a real possibility.

Burnout is defined by the World Health Organization (WHO) as having three main symptoms – exhaustion, loss of empathy and reduced performance at work.

Australian research argues for a broader model, particularly as the WHO's third symptom may simply be a consequence of the first two.

So what is burnout really? And how can you avoid it before the holidays hit?

More than being really tired

The Australian research model endorsed exhaustion as the primary burnout symptom but emphasised burnout should not be simply equated with exhaustion.

The second symptom is loss of empathy (or "compassion fatigue"), which can also be experienced as uncharacteristic cynicism or a general loss of feeling. Nothing much provides pleasure and joie de vivre is only a memory.

The third symptom (cognitive impairment) means sufferers find it difficult to focus and retain information when reading. They tend to scan material – with some women reporting it as akin to "baby brain".

Research suggests a fourth symptom: insularity. When someone is burnt out, they tend to keep to themselves, not only socialising less but also obtaining little pleasure from interactions.

A potential fifth key feature is an unsettled mood.

And despite feeling exhausted, most individuals report insomnia when they're burnt out. In severe cases, immune functioning can be compromised (so that the person may report an increase in infections), blood pressure may drop and it may be difficult or impossible to get out of bed.

Predictably, such features (especially exhaustion and cognitive impairment) do lead to compromised work performance.

Defining burnout is important, as rates have increased in the last few decades.

'Tis the season

For many, the demands of the holidays cause exhaustion and risk burnout. People might feel compelled to shop, cook, entertain and socialise more than at other times of year. While burnout was initially defined in those in formal employment, we now recognise the same pattern can be experienced by those meeting the needs of children and/or elderly parents – with such needs typically increasing over Christmas.

> **Burnout is defined by the WHO as having three main symptoms – exhaustion, loss of empathy and reduced performance at work**

Burnout is generally viewed according to a simple stress-response model. Excessive demands lead to burnout, without the individual bringing anything of themselves to its onset and development. But the Australian research has identified a richer model and emphasised how much personality contributes.

Formal carers, be they health workers, teachers, veterinarians and clergy or parents – are more likely to experience burnout. But some other professional groups – such as lawyers – are also at high risk.

In essence, "good" people - who are dutiful, diligent, reliable, conscientious and perfectionistic (either by nature or work nurture) – are at the greatest risk of burnout.

6 tips for avoiding seasonal burnout

You may not be able to change your personality, but you can change the way you allow it to "shape" activities. Prioritising, avoiding procrastination, decluttering and focusing on the "big picture" are all good things to keep in mind.

Managing your time helps you regain a sense of control, enhances your efficiency, and reduces the likelihood of feeling overwhelmed by responsibilities.

1. Prioritise tasks

Rank tasks based on urgency and importance. The Eisenhower Matrix, popularised by author Stephen R Covey, puts jobs into one of four categories:

A) Urgent and important
B) Important but not urgent
C) Urgent but not important
D) Neither urgent nor important.

This helps you see what needs to be top priority and helps overcome the illusion that everything is urgent.

2. Set realistic goals

Break down large goals into smaller, manageable tasks to be achieved each day, week, or month – to prevent feeling overwhelmed. This could mean writing a gift list in a day or shopping for a festive meal over a week. Use tools such as calendars, planners or digital apps to schedule tasks, deadlines and appointments.

3. Manage distractions

Minimise distractions that hinder productivity and time management. Research finds people complete cognitive tasks better with their phones in another room rather than in their pockets. People with phones on their desks performed the worst.

Setting specific work hours and website blockers can limit distractions.

4. Chunk your time

Group similar tasks together and allocate specific time blocks to focus on them. For example, respond to all outstanding emails in one stint, rather than writing one, then task-switching to making a phone call.

This approach increases efficiency and reduces the time spent transitioning between different activities.

5. Take breaks

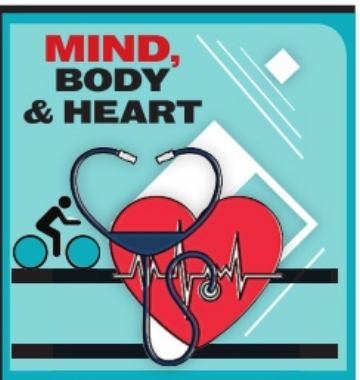
A 2022 systematic review of workplace breaks found taking breaks throughout the day improves focus, wellbeing and helps get more work done.

6. Delegate

Whether at home or work, you don't have to do it all! Identify tasks that can be effectively delegated to others or automated.

To finish the year feeling good, try putting one or more of these techniques into practice and prepare for a restful break.

(By Sophie Scott, University of Notre Dame Australia and Gordon Parker, UNSW Sydney, The Conversation)



All you need to know about...

Binge drinking

Peptide identified
US researchers have identified a peptide that is involved in heavy alcohol drinking, which can also be targeted for developing therapies to tackle binge drinking.

Addictive substance
Alcohol is the most common addictive substance in the world. Alcohol use disorder, a highly prevalent, chronic, relapsing disorder, affects more than 14 million people in the US alone, in addition to being severely under-treated, with only three modestly effective pharmacological therapies available.

What it does to the brain
Chronic exposure to alcohol has been shown to produce profound neuroadaptations in specific brain regions, including the recruitment of key stress neurotransmitters, ultimately causing changes in the body that sustain excessive drinking.

What is BNST
The area of the brain known as the "bed nucleus of the stria terminalis" (BNST) is critically involved in the behavioural response to stress as well as in chronic, pathological alcohol use.

The culprit
Researchers from Boston University Chobanian & Avedisian School of Medicine identified that the peptide called pituitary adenylate cyclase activating polypeptide (PACAP) is involved in heavy alcohol drinking. They have also discovered that this peptide acts in the BNST area.

To design therapies
"We found a key player, PACAP, driving heavy alcohol drinking, which can be targeted for the development of novel pharmacological therapies," added Pietro Cottone, Associate Professor of pharmacology, physiology & biophysics and co-director of the Laboratory of Addictive Disorders. IANS

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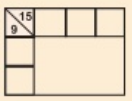
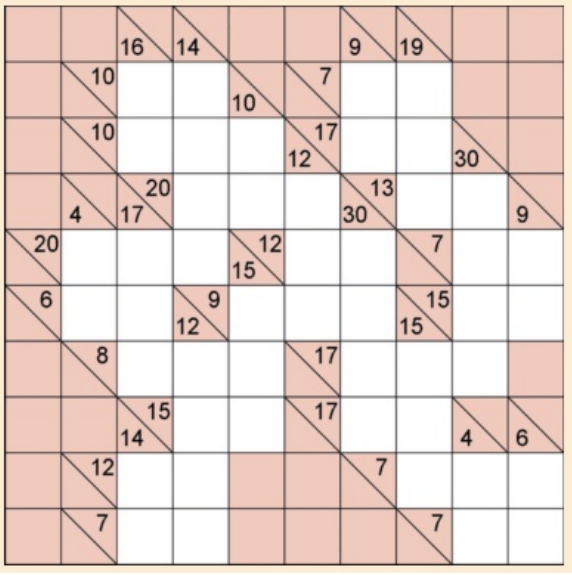
Kakuro

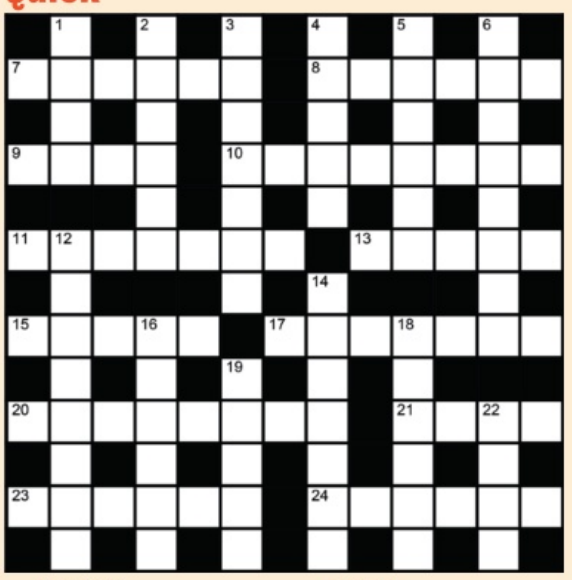


The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Famous city in Kerala (6)
8 This Horse was a hollow invader (6)
9 Ex-Opening batsman __ Sundar Das (4)
10 Meant or signified (8)
11 Casual wear items (1-6)
13 Like a lot (5)
15 As bad as can be (5)
17 Derived, progressed, came about (7)
20 Capital of Hawaii (8)
21 Kind of fur (4)
23 Seemly; appropriate (6)
24 Zend ___ : Zoroastrian holy book (6)

DOWN

1 The one and the other (4)
2 Ex-India and Mumbai paceman Karsan ___ (6)
3 Speaks persuasively (7)
4 Declare (5)
5 Minted (6)
6 Light-hearted (8)
12 Break one's journey (4,4)
14 Bangalore's famous food street (2,5)
16 Gave a forceful push? (6)
18 Sawn or split wood (6)
19 Fits in; befits (5)
22 After deductions (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: P EQUALS O

MXXTF OKX HWPMXKF ZPP, PGQX APR EXZ ZP YGPM ZUXJ.

Linemaro

You're aesthetically pleasing to look at

Mindchow

No woman is free who is not mistress of herself

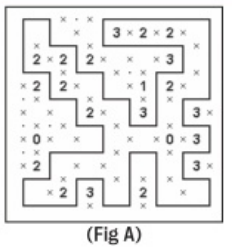
Joke of the day

There's a support group for people who hate their jobs. It's called 'Everybody' and meets at the bar

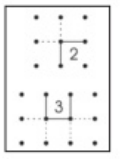
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

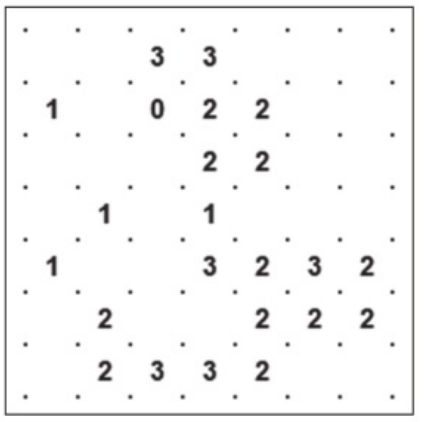


(Fig B) Not Allowed

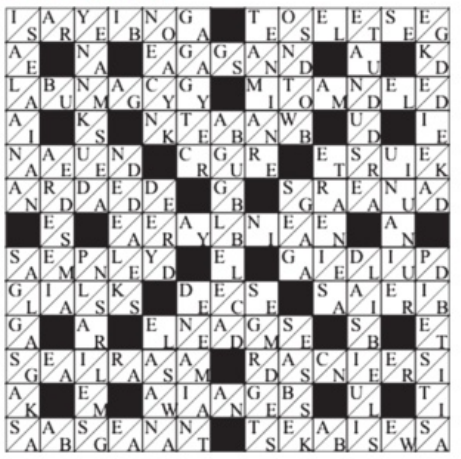
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



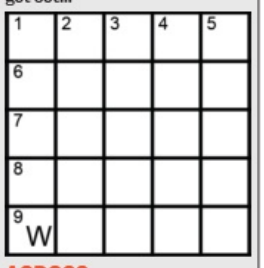
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Err ma; 6 Me EEC;
7 Malls; 8 Ree ie;
9 T wire

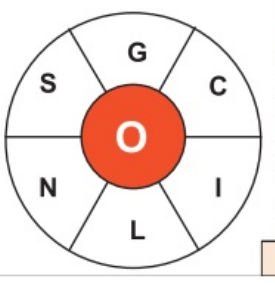
DOWN

1 Sewer; 2 Me mer;
3 I a car; 4 Tiler;
5 Em Eel

Mensapuzzle

Draw the missing figure in the below sequence.

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

13 Average; 15 Good; 17 Outstanding

SudokuChallenge

		6	1		7	2		
4				3				7
	3		5		8		1	
	4		3		1		7	
	1		2		4		3	
	7		4		5		6	
2				1				4
		4	6		9	7		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy ☐☐☐☐☐☐☐ = 10
2 6 7 7

Medium ☐☐☐☐☐☐☐ = 21
3 3 4 6

Hard ☐☐☐☐☐☐☐ = 2
3 4 6 3

Hocusfocus

Find at least six differences in details between panels.

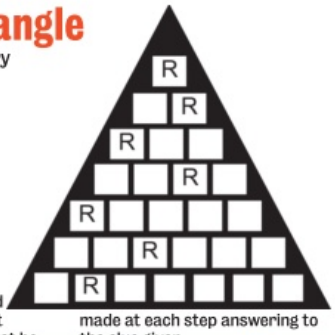
Differences: 1. Window shade is higher. 2. Box is longer. 3. Pan is larger. 4. Outlet is moved. 5. Chair is different. 6. Counter is longer.

Riddler

An upscale coiffeur has a unique way of booking appointments. Theo has an appointment at 16h, Macey at 17h and Kathryn at 19h. At what time will be Lea's appointment?

Alpha triangle

1 Radius in geometry
2 Either
3 Decay
4 Ripped
5 Verso's opposite
6 Trumpet's kin
7 Defeat heavily



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

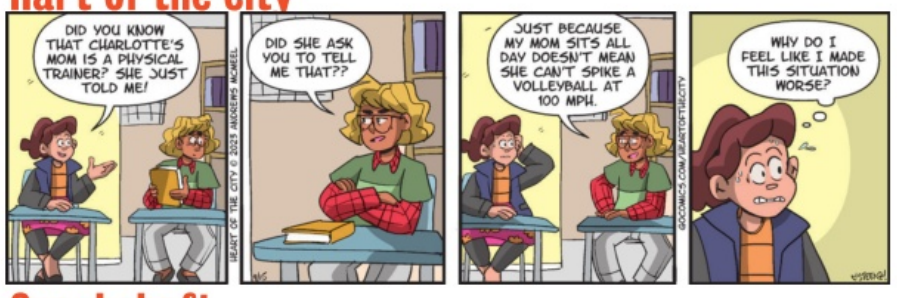
Redeye by Mel Casson

I TALKED EVERY DAY TO ALL THE PLANTS YOU SOLD ME, AND THEY ALL HAVE THRIVED EXCEPT THIS ONE
FLOWER SHOP
SO YOU EXPECT A REFUND, HUH?
FLOWER SHOP
OH, NO... JUST CHECK HIS HEARING
FLOWER SHOP

Bizarrotrip

Diamond Lil

Hart of the city


DID YOU KNOW THAT CHARLOTTE'S MOM IS A PHYSICAL TRAINER? SHE JUST TOLD ME!
DID SHE ASK YOU TO TELL ME THAT??
JUST BECAUSE MY MOM SIT'S ALL DAY DOESN'T MEAN SHE CAN'T SPIKE A VOLLEYBALL AT 100 MPH.
WHY DO I FEEL LIKE I MADE THIS SITUATION WORSE?
HEART OF THE CITY © 2023 ANDREWS MCMEEL
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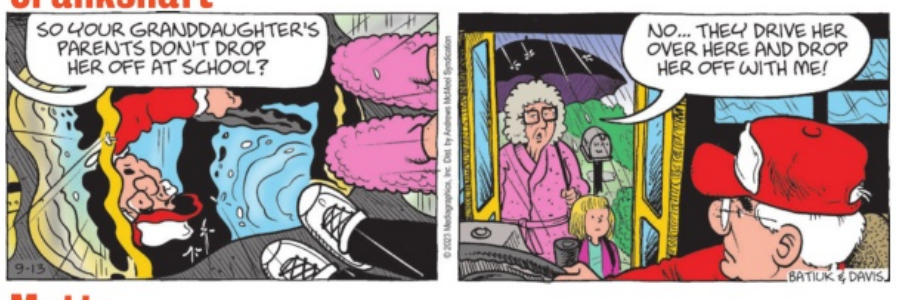
Crankshaft


SO YOUR GRANDDAUGHTER'S PARENTS DON'T DROP HER OFF AT SCHOOL?
NO... THEY DRIVE HER OVER HERE AND DROP HER OFF WITH ME!
BATIUK & DAVIS

Mutts

GEE... MY OZZIE AND I HAVE WALKED THE SAME OLD PATH EVERY MORNING AND NIGHT PROBABLY THREE THOUSAND TIMES!!!
EARL
DO YOU WANT TO GO FOR A WALK?
IT NEVER GETS OLD.
mutts.com
9-15

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon. Things may be under control, and you will enjoy your work. Your focus may be good, reflecting in your way of working. Your wisdom will help you make difficult decisions in terms of your profession. Your past investments may likely give profits.

Taurus Apr 21 – May 20
Today, the moon is positive, and your health may be good. You might visit a religious place with family or friends, planning to donate to a religious place or charity. Property-related deals may likely be done, and you may plan for higher education. Enjoy chanting mantras or meditation.

Gemini May 21 – Jun 21
Today, the moon is negative. You may be a victim of conspiracies, so avoid involvement in controversies. Your strong willpower and blessings from elders may protect you. Avoid arguments in domestic life and rush driving or adventure tours.

Cancer Jun 22 – July 23
Today, you may be very happy, with losses converting into profits. Your boss may appreciate your work, and there may be changes in your place and position at work, possibly promotions. You are likely to control opponents and hidden enemies. Love birds may make important decisions about marriage with the help of relatives or friends.

Leo Jul 24 – Aug 23
Today, you may be busy at work and enthusiastic, speeding up your projects. You may make quick decisions that will increase your business. Starting a new innovation in partnership is likely, but avoid investments in fixed assets in partnership.

Virgo Aug 24 – Sep 23
Today, you are blessed by the moon, performing well at work. Expect promotions or transfers for gains. Consider changing your current job. Relations with seniors will be strong, and old health issues will be cured.

Libra Sep 24 – Oct 22
Today, you may feel dull and dissatisfied, affecting both your professional and domestic life. Arrogance may impact your confidence, stopping you from doing something creative at work.

Scorpio Oct 23 – Nov 22
Today, you may feel energetic, performing efficiently at work. Your hard work may pay off, boosting your confidence. Property-related disputes with siblings may be resolved. Meeting an influential person may boost your network, and disputes with your partner may also be resolved.

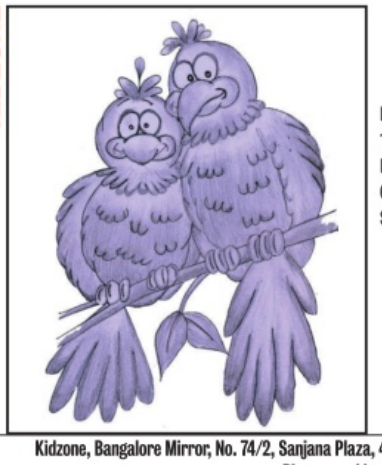
Sagittarius Nov 23 – Dec 22
Today, you are blessed by the moon, making you happy and polite with those around you. Taking difficult decisions in business with the help of family members is likely. Your communication skills may help you secure a big order, increasing business.

Capricorn Dec 23 – Jan 20
Today, you are blessed by the moon, enjoying internal strength and romantic moments with your spouse. Planning new projects and implementing them successfully is likely. Job seekers may find good opportunities, and love birds are advised to avoid discussions on worthless topics.

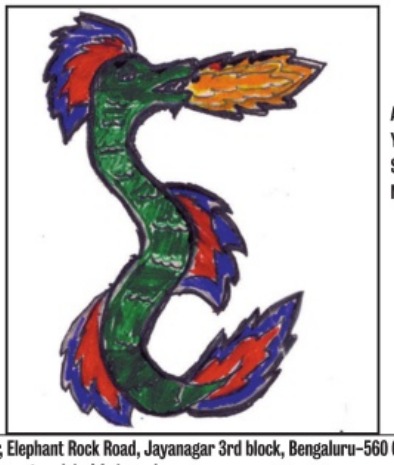
Aquarius Jan 21 – Feb 19
Today, you may be disappointed and advised to control your arrogance to avoid losses due to harsh speaking. Love birds should be careful in discussing worthless topics to maintain a healthy relationship.

Pisces Feb 20 – Mar 20
Today, there may be peace of mind, and you may plan to invest capital in the business, increasing liquidity. Your earnings may boost your bank balance, and romantic moments with your spouse may enhance family harmony. Singles may find a good match, and love birds may decide to get married.

KIDZONE



Denisha J, 14 Years, Indiranagar Cambridge School



Abhishek G, 12 Years, St. Aloysius Middle School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

BULL'S EYE
clog, CLOSING, coil, coin, icon, lingo, lion, logic, loin, long, losing, scion, silo, slog, soil, song, sonic

SOLVE IN 1M
= (2*3) / (2*3) = 1/6
= 1/(2*3) = 1/6

FAST FIVE

R	E	A	R	M
E	M	C	E	E
S	M	A	L	L
E	E	R	I	E
W	R	I	T	E

RIDDLER
1 h. The hour corresponds to the number of letters in the names. (1 h = 3 o'clock)

STRIKE OUT

A	B	S	E	N	T		T	E	A	S	E	S		
	A													
S	A	V	I	N	G		T	S	E	T	S	E		
		A												
		L	U	N	A	C	Y		M	O	A	N	E	D
			A											
			S	A	L	A	A	M		R	A	C	E	R	S
				A			L	E	D	G	E		B	E
					A									
						A	D	D	E	D		B	G	R	A	N	D

QUICK

MENSA PUZZLE
At each stage lines are added to a new corner working anti-clockwise and a new line is added to corners already containing a line.

QUOTE UNCODE
Weeds are flowers too, once you get to know them.

SUDOKU

3	5	4	6	8	9	7	2	1
2	6	8	7	1	3	5	9	4
1	7	9	4	2	5	3	6	8
8	1	7	2	5	4	9	3	6
9	2	3	8	7	6	1	4	5
6	4	5	3	9	1	8	7	2
7	3	2	5	6	8	4	1	9
4	8	1	9	3	2	6	5	7
5	9	6	1	4	7	2	8	3

ALPHA TRIANGLE
R, Or, Rot, Tore, Recto, Cornet, Trounce.

GO FIGURE
Easy
7 + 2 – 6 + 7 = 10
Medium
4 – 3 + 6 x 3 = 21
Hard
6 + 3 – 4 – 3 = 2

LOOP

KAKURO

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The writer in Huma

Move over Twinkle Khanna, here comes Huma Qureshi with a plot of her own to win over book lovers. Her heroine Zeba, set in a fantasy land with its own geo- and socio-political spin, was unleashed on the audience at the 12th edition of the Bangalore Literature Festival (BLF) on December 2.

"The book is a fantasy fiction novel set very specifically between 1992 and 2019. And it talks about a make believe Kingdom and an evil king and how this girl Zeba who has these superpowers manages to defeat him," Qureshi tells PTI, after the launch of the book on the first day of the festival being held at The Lalit Ashok Bengaluru.

The actor, who has proved herself to be a consummate artist with a varied choice of roles, says the plotline of her book popped up in her head when she was shooting for the dystopian television series, 'Leila'. But she says she found time to develop the characters of 'Zeba: An Accidental Superhero' during Covid-imposed break.

"I used to wake up every morning, take a shower, work out and then sit down to write. And I call this stream of consciousness writing – just sit down with a laptop and keep writing," Qureshi said. **–PTI**

Dia on casual sexism

Actor recalls instances when women in cinema hardly had privacy

Dia Mirza is unarguably one of the most popular names in Bollywood. She has come a long way ever since her debut. The actress has now spoken about her initial days in cinema, and how 'casual sexism' was prevalent on the sets of films.

In an interview with BBC Hindi, the actress shared that back then women in cinema hardly had privacy, even to change clothes, and also added that access to toilet facilities too were rare. Dia Mirza recalled that, back then when they had to shoot outdoors for songs, something as basic as a toilet was a luxury. "When we would go to locations to shoot songs, a basic thing like a toilet wouldn't be available," she said.

Dia also added that on such occasions, women used to go behind trees, or rocks, and three people would shield them with large sheets. She also spoke about how there wasn't even space to change clothes.

In an interview with BBC Hindi, the actress shared, "There would be differences in how we were treated, in the amenities that were available to us. Our vanity vans would be smaller. When we would go to locations to shoot songs, a basic thing like a toilet wouldn't be available."Basically, we lacked access to privacy, access to basic hygiene," Dia said.

She spoke about the treatment on the sets too were biased. Dia Mirza revealed that if a male actor arrives late on the sets, no questions are asked, but if the delay is from the part of a woman, she would be tagged 'unprofessional'. **–ETimes**

Protective mom

Actor Swara Bhasker stands resolute on safeguarding her child's privacy, advocating against revealing her daughter's face to shield her from the dangers of cyberbullying. Following in the footsteps of several celebrities like Alia Bhatt and Anushka Sharma, who have chosen to keep their children away from the public eye, Swara emphasises in an interview with HT her discomfort with exposing her child to the prying lens of strangers and the ensuing cruelty that often manifests online.

She questions the necessity of exposing her child for the gratification of unknown individuals' curiosity or malice. Expressing her concerns about the current paparazzi culture and the rampant use of phone cameras combined with social media platforms, Swara highlights the normalisation of bad behavior in society. She condemns the vile online abuse and trolling prevalent on social platforms, vehemently rejecting the prospect of subjecting her child to such negativity and unkindness.

Since the birth of her daughter Raabiya, Swara has devoted her time to motherhood, cherishing every moment and finding joy in the experiences of raising a child. Immersed in capturing every fleeting moment, Swara passionately documents her daughter's milestones, creating a scrapbook. **–ETimes**

'Older men just do not like me'

Singer Cher, who is dating producer Alexander "A.E." Edwards, 40 years her junior, said that other females should follow in her footsteps.

"Go out with a younger man," she told Amelia Dimoldenberg on 'Chicken Shop Date' when asked what she thinks all women should do at least once in their life, reports aceshowbiz.com.

Later in the interview, she said: "Older men just do not like me."

However, the 'Believe' hitmaker, who has also dated the likes of Val Kilmer, Tom Cruise, and Rob Camilletti in the past, said that she had felt she was "too old" for a younger man before she met A.E..

Cher noted that she did "not at all" fall for the producer quickly, but his text messages soon had her smitten. She said: "I left to go to Switzerland and he texted me, 'Where are you going?' I said 'I'm going to Switzerland. I'm a little tired,' and then he wrote me, 'Well, get some rest, babyyy,' with three Ys." "And I'm like, 'He doesn't know me well enough to put three Ys on baby.' I was kind of (annoyed). And then he just started texting me. I told my friends, 'don't fall in love with a younger man, we're too old. And don't fall in love by text.' There goes that theory."

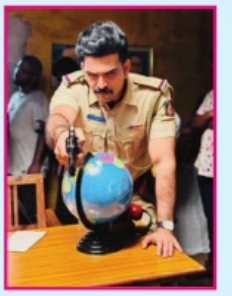
Cher said she is "not surprised" by the attention her relationship with A.E. has attracted. **–IANS**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

For the thrill

Bigg Boss Kannada has become a platform for aspiring actors to realise their dreams. A few upcoming actors have become famous overnight after joining the reality show. Roopesh Shetty is one such actor, who got a chance to play the lead in Kannada movies after bagging the title of Bigg Boss Kannada Season 9. He is playing the lead in Adhipathra directed by Chayan Shetty.



Chayan, who worked as associate director for Kinaare and Nirmuktha, debuts as an independent director with this film. "We have finished 13 days of shooting. It is a crime thriller that includes coastal traditions, culture, and diction. The title indicates a command from God," said Chayan.

Roopesh plays a police officer."I was waiting for a chance to direct a Kannada movie. I approached Roopesh after he won Bigg Boss Kannada. After two to three rounds of discussion, he agreed to act in this," said Chayan. Jahnavi, who is a TV channel anchor debuts as a heroine with this movie.

Lights, action

Shankar V, who began his career as a light boy and has worked as an associate for Kannada movies, debuts as a director with the film Brahmarakshasa. The movie is ready for release shortly.

"I never dreamt I could become a director. I come from an economically weak family. My mother was compelled to mortgage her jewellery to help me make three short films," recalled director Shankar.

It is said Brahmarakshasa is about the incidents taken between 1980 and 1990. "It is a revenge movie with a message. The movie is about what happens when three people try to do good in society. Ekalavya is Vaijanath Biradar's son-in-law in the movie. Around 90 percent of the movie shooting was held at night. All the actors have acted well. I thank all the technicians for their cooperation and hard work," the director said. Pallavi Gowda is paired opposite Ekalavya. The cast includes Aravind Rao, Swapna, Purushotham, Bala Rajwadi, Rathavara Devu and others.